

Starting Mounjaro®!

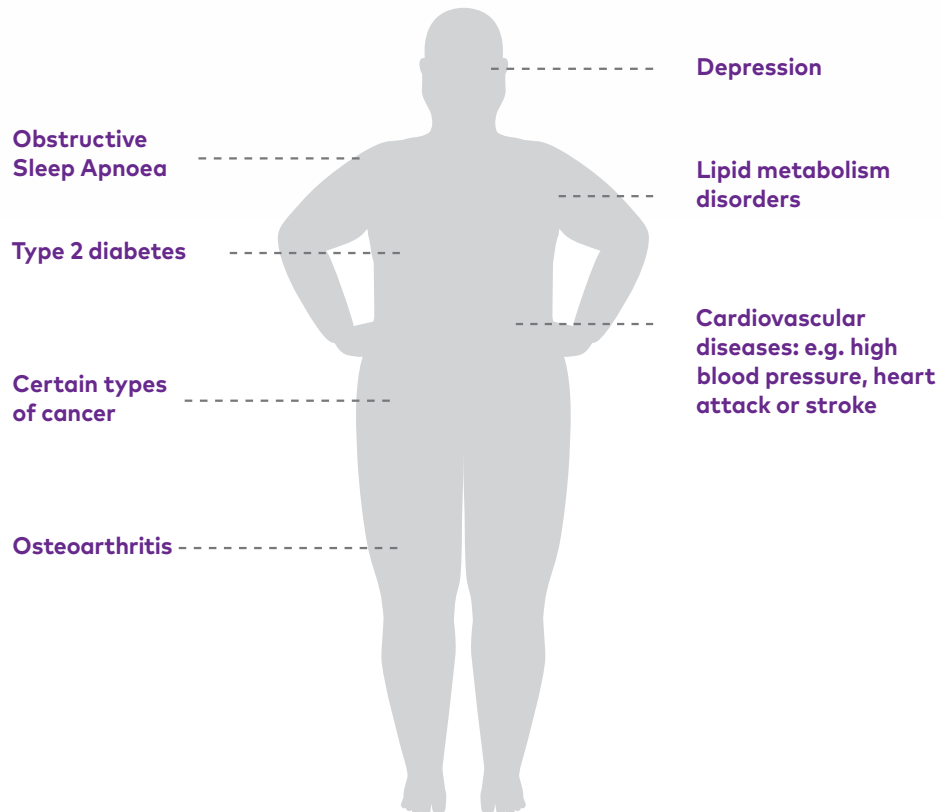
Information
for patients
after prescription
of Mounjaro®
for once weekly
treatment.



General benefits of weight loss

Obesity is a chronic disease and can lead to various **weight-related comorbidities**. A (significant) **weight loss can reduce the risk of comorbidities and have a positive effect on your quality of life.**

Obesity and overweight can increase the risk of the following diseases, among others:



How does Mounjaro® work?

Mounjaro® can support your **weight loss** along with a balanced diet and physical activity. The active ingredient in Mounjaro® mimics the effects of the body's two endogenous intestinal hormones (GIP and GLP-1).

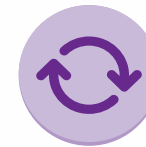
Mounjaro® therefore works and helps in many different ways:



Appetite is restricted and the feeling of hunger is reduced.



Food intake is reduced.



Digestion is slowed down, which creates a longer feeling of satiety.

All this together can lead to **effective weight reduction** during therapy with **Mounjaro®**.



Starting your Mounjaro® treatment

There are two simple steps when you start treatment:

STEP 1

2.5 mg once a week

STEP 2

5 mg once a week

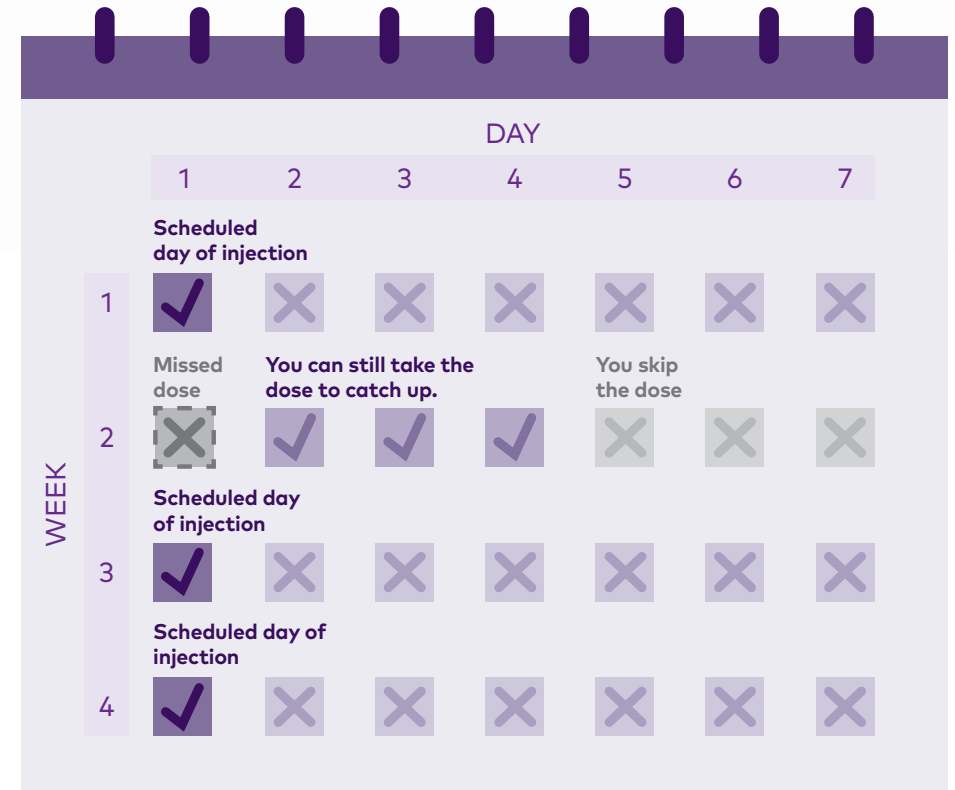


Depending on **your individual needs**, your doctor may increase the dose in 2.5 mg increments up to 10 mg or 15 mg following the same dosing schedule.

What if you miss a dose?

Always take **Mounjaro®** on the same day of the week. If you miss a dose, take the missed dose as soon as possible within 4 days of when you should have taken it.

If more than 4 days have passed, skip the forgotten dose and administer the next dose on the normal scheduled day. In either case you can then continue with regular once weekly administration.



Example course

How do I store the Mounjaro® KwikPen®?

Storing your Mounjaro® KwikPen® before opening

- Before first use, store the pen in the refrigerator between 2°C and 8°C.
- Unopened pens can be used until the expiry date printed on the label, provided the pen has been stored in the refrigerator.
- Do not freeze your pen. Dispose of the pen if it has been frozen.

Storing your Mounjaro® KwikPen® after opening

- You can store your opened pen at room temperature below 30 °C.
- Store your pen and its needles out of the sight and reach of children.
- Dispose of the pen 30 days after first use, even if there is medicine left in the pen.
- Dispose of the pen after the fourth weekly dose. Attempting to inject leftover medicine may result in an incomplete dose even though the pen still contains medicine.

Disposal of the Mounjaro® KwikPen® and the pen needle

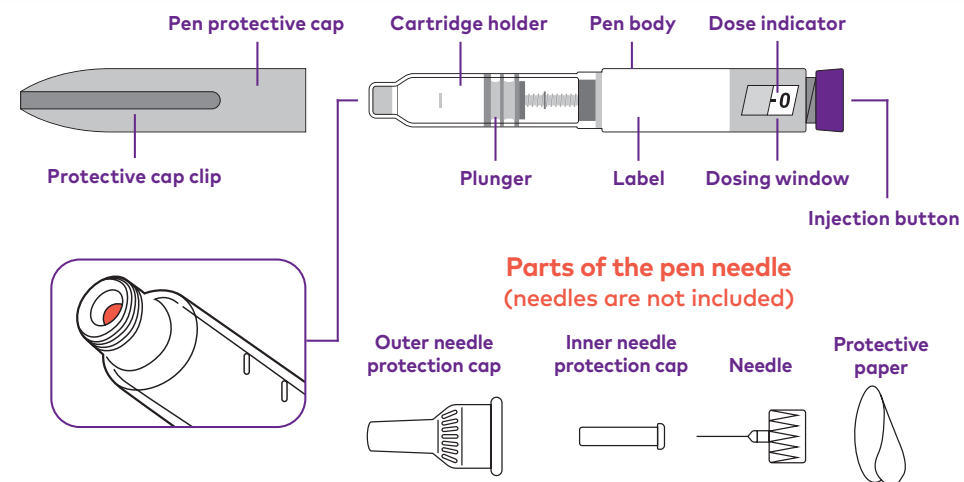
- Place your used pen needles in a puncture-proof container or a hard plastic container with a safety lid.
- Do not dispose of loose pen needles in the household waste.
- Dispose of the used pen according to the instructions provided by your doctor.
- Ask your doctor how to properly dispose of the puncture-resistant container.
- You must not reuse puncture-proof containers once they have been filled.

Do not use Mounjaro® KwikPen® if:

- The medicine name or dosage strength does not match your prescription.
- The pen has expired (use by date) or looks damaged.
- The medicine was frozen, contains particles, or is cloudy or discoloured. Mounjaro® should be colourless to slightly yellow.

In addition to the Mounjaro® KwikPen® you will need the following items:

- KwikPen® compatible needle (if you do not know which pen needle to use, talk to your doctor)
- Alcohol swab, gauze bandage or cotton ball
- Puncture-proof container for sharp objects or household container

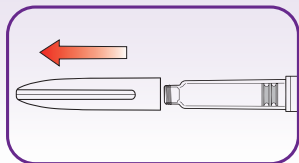


How is the Mounjaro® KwikPen® used?

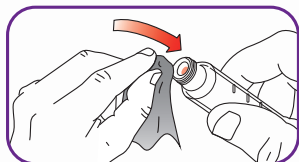


All steps must be performed for each injection!

Prepare

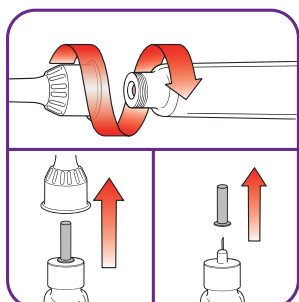
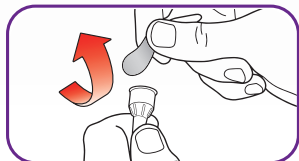


Pull the pen cap straight off and inspect the pen and label.



Take a new pen needle

- Wipe the red inner seal with a swab.
- Always use a new pen needle for each injection to avoid infections and clogged needles.
- Remove the protective paper from the outer protective needle cap.

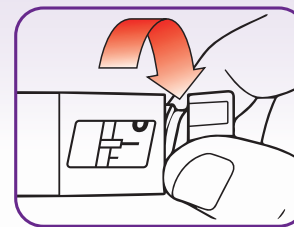


- Press the capped needle vertically onto the pen and turn the needle until it is secure.
- Remove the outer protective needle cap and keep it. It will be reused.
- Remove the inner needle cap and dispose of it.

Outer needle protection cap

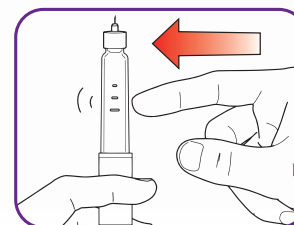
Inner needle protection cap

Priming

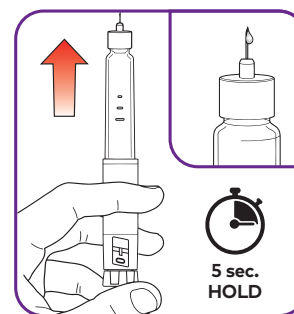


Prime the Mounjaro® KwikPen®

- Slowly turn the injection button until you hear **2 clicks** and the extended line appears in the dosing window. This is the priming position. It can be corrected by turning the injection button in either direction until the priming position matches the dose indicator.



- Hold the pen with the needle pointing upwards.
- Tap the cartridge holder lightly to allow air bubbles to collect at the tip.



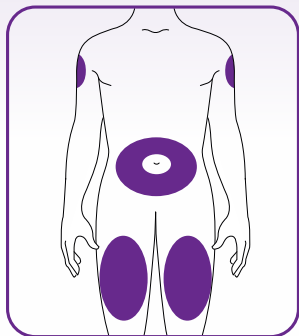
- Release some medicine into the air **by pressing the injection button all the way down. Then slowly count to 5 while holding the injection button down.** The **0** symbol must appear in the dose window. **Do not** inject into the body.
- **Priming** removes air from the cartridge and ensures that your pen works properly. Your pen has been primed if a small amount of medicine comes out of the pen needle tip.
- If you do not see any medicine, repeat this step no more than 2 more times.
- If you still do not see any medicine, change the pen needle and repeat the steps, but not more than 1 more time.

How is the Mounjaro® KwikPen® used?



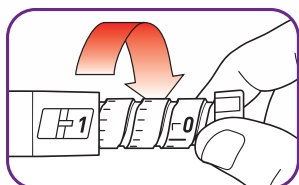
All steps must be performed for each injection!

Inject



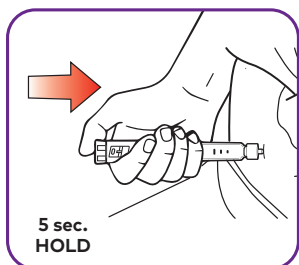
Choose your injection site

- You or another person may inject the medicine, preferably into your thigh or your stomach (abdomen), at least 5 centimetres from your belly button. Alternatively, the other person may give you the injection in the back of your upper arm.
- Change your injection site every week. You can use the same area of the body, but make sure you choose a different injection site in that area.



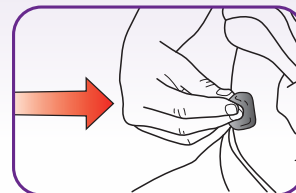
Turn the injection button

- **Turn the injection button until it stops and the **1** symbol appears in the dose window.** The **1** symbol corresponds to a full dose.

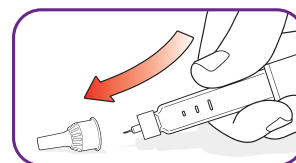


Inject Mounjaro®

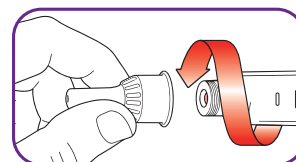
- Insert the needle into your skin.
- Inject the medicine by pressing the injection button all the way down. Then slowly count to 5 while holding the injection button down. The **0** symbol must appear in the dosing window before you remove the needle.
- Pull the needle out of your skin. A drop of medicine on the needle tip is normal. This will not affect your dose.



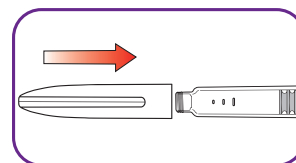
- If there is bleeding after you remove the needle from the skin, use a swab or piece of gauze to gently press on the injection site. Do not rub the area.
- Make sure the **0** symbol is in the dose window. When you see the **0** symbol in the window, you have received the full dose. If you do not see the **0** symbol in the dosing window, reinsert the needle into your skin and finish the injection. Do not change the dose setting. If you still think you have not received the full dose, do not start this injection again. Contact your Lilly office listed in the package insert.



- Carefully replace the outer protective needle cap.



- Unscrew the needle with the outer needle cap in place and dispose of the needle in a puncture-proof container. To prevent leakage, needle clogging and air entering the pen, do not store the pen with the needle attached.



- Carefully replace the protective pen cap. Do not store the pen without the pen protective cap in place (see page 7).

Tips in the event of possible side effects

Additional information

As with all medications, **Mounjaro**[®] can cause **side effects**:



Most common side effects

- Nausea, diarrhoea, constipation or vomiting.
- **Usually at the beginning** of therapy or when the dose is increased.
- Are **usually mild** or **moderate** and decrease over time.

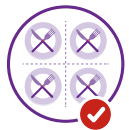


Dehydration

- At the beginning of treatment, you may experience increased fluid loss due to side effects such as **vomiting or diarrhoea**.
- **Drink plenty of water** to prevent reduced kidney function.

Tips for improved tolerance:

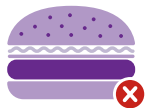
If you feel sick after an injection, talk to the team at your medical practice. In the meantime, these tips can help you:



Eat smaller portions.



Pay attention to your hunger.



Avoid high-fat foods.



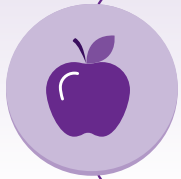
Eat a light diet.



Please talk to the team at your medical practice before using **Mounjaro**[®] if:

- You have serious digestion problems or food stays in your stomach for longer than usual (including severe gastroparesis).
- You have ever had pancreatitis (inflammation of the pancreas, which can cause severe, persistent abdominal and back pain).
- You are being treated for diabetes and are taking medications containing a sulfonylurea and/or containing insulin.

Reduce calories, eat healthier – how does it work?



To support **weight loss with Mounjaro®**, it is important to **eat consciously and reduce calories**. This can help you reach your “healthy weight” and maintain it.

Tips for healthy eating:

- **Smaller meals**
Reduce portions. You don't have to miss out on your favourite dishes.
- **Choice of food**
Eat fewer carbohydrates (e.g. potatoes, rice, pasta or bread) and more proteins (e.g. oatmeal, legumes, eggs, fish and meat).
- **Preparation**
Use fresh and plant-based foods when cooking. Avoid industrially processed food.
- **Divide portions**
Divide portions on a plate. For example: $\frac{3}{4}$ plant foods (such as vegetables) and $\frac{1}{4}$ animal foods (such as meat or cheese).
- **Healthy snacking**
Spread meals regularly throughout the day. If you suddenly feel hungry, switch to healthy snacks (e.g. natural yoghurt, fruit, protein bars).
- **Drink enough**
Drink at least 1.5 litres daily, preferably water or other calorie-free drinks such as unsweetened tea.

Pay conscious attention to your body's signals such as **hunger and satiety**.

Eating is and can be individual: try new dishes and try to gradually integrate (new) eating habits into your everyday life.

Moved through everyday life



In addition to nutrition, **exercise is the second basis** for your successful weight management. Even **small changes in everyday life** can help you incorporate physical activity – without a strict training schedule or compulsory exercise.

What you can do:

- **Dance**
- **Swim**
- **Ride a bike**
- **Run**
- **Go for a stroll**
- **Yoga**
- **Take the stairs**
- **Walk instead of driving**

The **WHO recommends** at least 150 minutes of **active exercise** per week, or about 20 minutes per day.

Further questions?

Talk to your practice team or use the online offers:



Instructional video and further information

Sickness/treatment costs:



As part of **your income tax statement**, you can try to claim sickness/treatment costs under **extraordinary expenses** in the appendix.

Scan the code for more information.



Please read the information for the user supplied with your medicine for detailed information on safety and how to use the Mounjaro® KwikPen®.

1. Mounjaro® Package Leaflet (current version).

Lilly

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KwikPen®
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